

(TMI Journeys - March 2019)

## **THE TRUTH ABOUT LUCID DREAMING: NO LAWS. NO BOUNDARIES. NO LIMITATIONS.**

*by Leslie France, TMI Projects Manager*

**Lucid dreaming—the sudden awareness, while in a dream, that you are dreaming.**

And that's only the beginning.

Lucid dreams are common. They often occur spontaneously, especially during childhood. But there is a large population of dreamers who practice lucid dreaming as a technique to gain insight and awareness, to solve problems, and explore the psyche.

*A fully lucid dream can be perfectly tangible, rich and visually detailed. When probed, it can generate seemingly impossible levels of self-awareness—such as 360-degree vision, multiple simultaneous dreams ... Because all of this takes place in your mind, the dream world is infinite. No laws. No boundaries. No limitations. Anything you can conceive of comes true.*

**From "8 Insanely Powerful Lucid Dreaming Tactics For 2018"**

*by Chris Hammond, Editor, WorldOfLucidDreaming.com*

### **So, Why Lucid Dream?**

Over the past 30 years or so, the internet has given rise to a robust international lucid dreaming community. Dreamers share tips on how to enter and control lucid dreams, to expand consciousness, enhance performance, and affect healing. Chris Hammond continues—

*Dream theories suggest it's a chance to interact with other parts of your psyche (by talking to different dream characters) and even your co-conscious inner self (by talking to the very fabric of the dream).*

*Several respected journals have published studies on how lucid dreams have helped veterans suffering from PTSD, athletes seeking to gain an edge over their competition, and even children suffering from unusual phobias.*

*Once you know how to become lucid in dreams, you will discover a strange new world (an entire universe, actually) of which you are fully aware and can manipulate with the power of thought.*

## Now, how do you become lucid in a dream—intentionally?

Veteran dreamers seem to agree on several methods for increasing your ability to dream lucidly, at will. Certain supplements can help. Mental tools, such as the powerful Wake Induced Lucid Dream (WILD) technique, and audio technologies, can boost your ability to become lucid in the dream state. One of the most popular in the audio tech arena is Hemi-Sync®.

Among the stronger voices in the community are lucid dreaming experts Luigi Sciambarella and Thomas Hasenberger. They are the developers and instructors of the highly regarded Lucid Dreaming Intensive residential program at The Monroe Institute (TMI). Both Hemi-Sync and WILD are key tools used in the program, as is TMI's Spatial Angle Modulation™ (SAM) audio guidance technology.

Luigi was interviewed by Garret Stevens, Chairman & President of Hemi-Sync®, about strategies for lucid dreaming and the Hemi-Sync release Wake-Induced Lucid Dreaming. This video is packed with proven, easy-to-follow tips on amping up and controlling your dream experience.

<https://youtu.be/fjaJpjsfccQ>

According to Bahar Gholipour, staff writer for LiveScience.com—

*People who have lucid dreams may generally be more insightful than other people ... lucid dreamers [may] have "insight" into their current states, said study researchers Patrick Bourke and Hannah Shaw, of the University of Lincoln in the United Kingdom.*

*"Part of the reason that some people experience spontaneous lucid dreams appears to be linked to them having a particular cognitive strength in waking life," the researchers said.*

## Is there a downside to Lucid Dreaming?

An article from Cleverism.com, “**Is Lucid Dreaming Dangerous? The Truth Unveiled**,” cites side effects that some inexperienced lucid dreamers may encounter: sleep deficit, false awakenings, fear of dream content, or disorientation on waking. However—

*Luckily, most of these side effects are only minor. They will not cause any huge impacts in your life. In addition, you can avoid most of them by learning to lucid dream the right way, keeping in mind that it is only a dream, practicing in moderation, giving in to the process and using reality checks.*



Thomas Hasenberger



Luigi Sciambarella

**The *LUCID DREAM INTENSIVE* Facebook page**

<https://www.facebook.com/LucidDreamingTMI/>

**Online Lucid Dreaming Communities let You share Your dreams with others, participate in worldwide experiments and competitions and meet lucid dreamers from all over the world.**

<https://www.world-of-lucid-dreaming.com>

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